

**COURSE TITLE:** Online Physical Education

Level of Difficulty	Estimated Homework	Prerequisites
Moderate	0-30 Minutes	<b>District:</b> None <b>Department Suggestion:</b> None

**Course Description:**

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post-fitness assessments in which they measure and analyze their own levels of fitness. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy, develop and maintain proper nutritional habits, and design a personal fitness program that will lead to or maintain an optimum level of physical fitness. Throughout this course students participate in a weekly fitness program involving elements of cardiovascular, muscular strength and endurance, and flexibility training.

**Grading:**

90-100%      A  
80-89.9%    B  
70-79.9%    C  
60-69.9%    D  
59.9% & below F

**Syllabus:**

See teacher's website